

## Shramaatit: An Intellectual Property of Moksha Society as Supreme Law Since 2008 AD

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### Abstract

This introductory article presents an intellectual property of Moksha Society 'Mokshatit' as supreme law and a technique to achieve an inner peace as well as height of liberty through inner communication. 'Shramaatit' is such height where enlightenment is unalienable to a communicator. Anyone, conscious mind and evoked soul within a body can practice it easily. After Lord Krishna expressed His thought in Vagbat Geeta so many achieved Moksha. Later Lord Buddha made it more comfortable and various souls enjoyed the liberation. Jesus the Christ spread His love and forgiveness to liberate all. Now, after hundreds of years a complete technique is ready. You are known now. You liberate yourself from all kind of existential attachments. You are now free forever, neither labor nor non-labor. Even not in wheel between those two. You've attained beyond. Enlightened, liberated and SHRAMAATIT! Since 2008 AD this property belongs to Moksha Society (MS).

**Keywords:** Shramaatit; Liberation; Enlightened; Beyond; Inner communication; Intellectual property

### Introduction

Beloved friends, Stay comfort. Feel free. Sit down with folding your foot in the floor. Be very calm. Enjoy! (Figure 1) [1].

#### First step (Six-six time in a cyclic order)

1. Stop Breathing for a while. Hold your breath. Do not breathe as long as you can [2].

(Note: This introduces you about the non-labor. Such state once everything used to be there. And make you to realize that labor is unalienable. Existence begins just after non-labor, which enters to labor. You are aware now about your existence too.)

##### a. Stop breathing in. Hold it. Enjoy [3]!

(Note: It helps you to see how external labor units are egger to interact towards your own internal labor units in your body. You are now able to know how external labor interactions change your bodily phenomena and chemistry every moment.)

##### b. Stop breathing out. Hold it. Enjoy [4]!

(Note: It helps you to know how you are interacting towards external labor units from the entire existence. It is through your labor, that existence is possible. It is your labor that existence may affect. It is your labor interactions that holistic existence is possible. It is your labor that you are alive.)

##### c. Stop breathing in and out both. Hold it. Enjoy [5]!

(Note: You are now aware of your status. Who you are? You are known of your position in this entire existence. You are laboring. You are interacting. You are in dense of labor interactional grand network. There are labor and labor and labor everywhere. There are interactions, interactions and interactions everywhere. Because of

these labor interactions, entire existence remains complex. Because of labor interaction between different units and entities existence is possible. You are capable enough to know that getting rid of from this complexity forever is a way of liberation. Death of a body resulted through complex interaction can be transformed to liberation forever.)

[Final Note: In a point where you can't hold it, start breathing. Feel free. Be comfort. Enjoy! You can hold your nose by your hand if needed. Do it one time each. This stage makes you conscious that nothing can remain in non-labor. Everything enters to be in labor. Everything goes to labor, from non-labor, in existential mood. Non-labor is temporary. It does not remain long. In many cases even a micro second. Existence is universal, everywhere, in every unit. This is more than life and death too, the entire existence. And going beyond existence is a complete liberation [1] (Figure 2).

#### Second Step (Six-six time in a cyclic order)

1. Take a long breath inside, feel this labor of taking long breath inside. Release out a long breath, feel this labor of releasing out a long breath. Be peaceful [2].

(Note: Labor interaction is out there in a body too. It is out there in environment. It is out there in a society. It is out there in geography. It is out there in an atmosphere. It is out there in space. It is out there in universe and universes. It is out there in black holes. It is out there in multi-verses. It is out there in meta-verses. Everywhere! Those interactions between different labor units affect you also. The interactive external efforts force you to be ready for opposite interaction and grab them. Automatically, you labor. A complex interaction occurs. Feel

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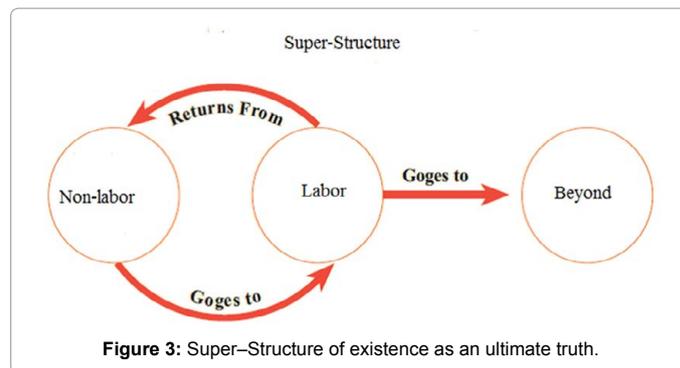
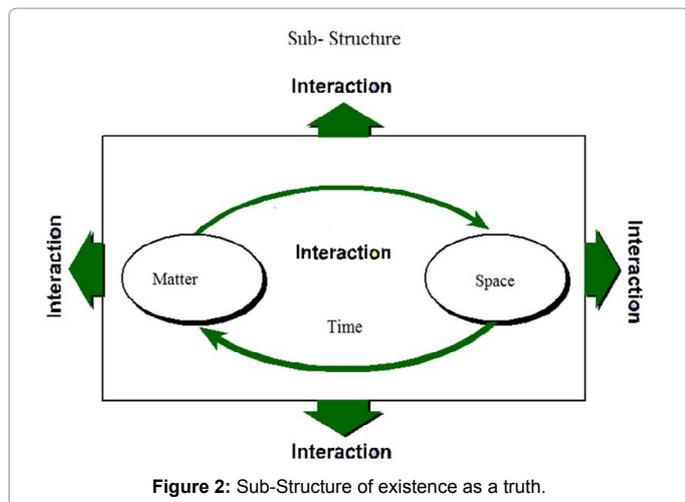
Received February 05, 2017; Accepted March 12, 2017; Published March 20, 2017

Citation: Aryal A (2017) Shramaatit: An Intellectual Property of Moksha Society as Supreme Law Since 2008 AD. Intel Prop Rights. 5: 182. doi: [10.4172/2375-4516.1000182](https://doi.org/10.4172/2375-4516.1000182)

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Figure 1: A formula of everything, the ultimate truth.



it. Taste it. Be aware on it. You are interacting in an entire existence. Whole existence is interacting. Its complex, it's vast. The 'non-labor to labor' cycle is an attachment. And you needed to be free from it. You needed to be exit from it. You needed to be liberated from it forever. And it is possible.

2. Take in a short breath, feel this labor of short breath inside. Release out a short breath, feel this labor of a short breath realizing out. Be calm [3].

(Note: See within your body, when you breathe, what happens inside? How a phenomenon develops inside? How interaction occurs inside? Watch very carefully. Watch your entire digestive system, watch your entire blood circulation system, and watch your entire pulmonary system. And so on... Concentrate on each and every actions happening now, in this moment, inside your body. How everything is happening this moment. See very carefully. You amazed, viewing such complex interaction between different units. You surprised knowing such complexity of interactions every time between different entities. See how brain function is interacting. See how ear, hand, foot, sight, smell, taste are working. A vast reality you encounter while you watch your body inside. See each and every moment; thousands of cells are being dead. Thousands are alive. Process continues. And at last, as a result of such complex interaction, both inside and outside, multidirectional, life is possible. You are alive. World is alive. Universe is alive. Entire existence is alive.)

[Final Note: These two breaths labor are for your consciousness towards labor and its complex nature in this existence. Repeat it 6-6 times each in rotation one after another, "long breath-short breath" in cyclic order. This stage makes you aware on labor state, how non-labor comes/goes in labor. Non-labor to labor is a process further which makes existence possible. In existence, you will see labors everywhere, here and there, hidden and surface. Existence is possible only because of interaction between these labor units. During this you see many things are going back in non-labor, as they can't labor. Those who can labor only can exist in the entire existence. Returning back to non-labor is an ultimate reality of those who can't take part in labor interaction and makes able to interact in vast interactional process. This is what exactly happens in an existence (Figure 3).

### Third step (Six-six time in a cyclic order)

1. Take a breath inside and wait for a while, feel it, feel this breathing in labor. Release it out, feel it, feel this breathing out labor. Be happy [2]!

(Note: This enables you to know there are various interactions going on within body and an external interaction from different external unit of labor enforcing to interact, result is inter-labor and intra-labor interactions. This inter-labor interaction of a body can be a way for the liberation. Expanding it towards intra-body interactions is such. This can liberate you from your entire bodily interaction and connection, including illness. This strengthens you in the state of liberation from all external interactions, complexity, affairs. When you realize this you are vacant out. You are now empty from out. No external interaction affects you inside. Journey of liberation begins from here.)

2. Take a breath inside, feel it, feel this breathing in labor. Release it out and wait for a while, feel it, feel this breathing out labor. Relax [6]!

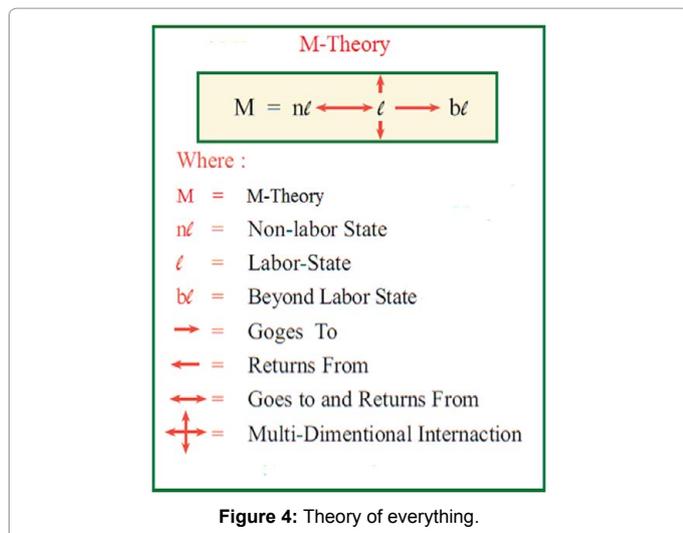
(Note: This strengthens you in the state of liberation from all external interactions, complexity, affairs. You are now empty from inside. No any internal interaction affects you outside. You are now away from external attachments. You are away from worldly affairs. You are now detached from all outsider phenomenon and activities. Your liberty is unalienable now. You are heading towards your liberty.)

3. Take a breath inside and wait for a while, stop, feel it, feel this breathing in labor. Release it out and wait for a while, stop, feel it, feel this breathing out labor. Let go6!

(Note: Now you are free from all kind of labors, labor interactions, labor sectors, networks, complexities. You feel you are not engaged on those all phenomenon. That phenomenon does not belong to you. You are neither in labor, nor in non-labor. You are free from such interactional behavior. You are no longer bound by the endless cycle of labor-nonlabor in other form birth and death. Thanks to that, you can let go and attain liberation. Letting go does not mean to disdain or run away from life. Letting go means letting go of craving and clinging to the labor fields and it's complex interactions, so you do not suffer from the endless cycle of nonlabor-labor, your births and deaths, to which all existential phenomena are subject. Once you have let go and attained liberation, you can live in peace and joy in the very midst of life. There is no longer anything which can bind you. All interactions, including internal and external both, are impure. They are for short. All entire existence is a mere game. Complexity of the interactions makes result of the end of entire existence. By knowing this, you never engage in entire existence. This is highest consciousness. Thousands suns rises here. This is liberation. This is freedom. This is everything. This is pure. This is perfect. This is Enlightenment. This is SHRAMAATIT. Enjoy!).

### Conclusion

[Final Note: This breath labor makes you more firm regarding labor, labor interaction, labor interactional grand network, way of



labor, nature of labor, method of labor. You see a complete notion of existence where everywhere labor interaction is going on. Every unit whether micro or macro in level are engaged for labor, they are bound with each-other, interacting and result is entire existence. Each and every existential entity is involved in interaction with each other in each other's labor filed, internal and external in same time, now, on the very moment. Whole entire existence is just busy in interaction, if you see it deeply. All labor units are engaged in interaction in same time results holistic existence possible. Those who can interact survive and remain in labor and those who does not return to non-labor. But the units are varying, labor fields are varying, interaction way up are varying. Multidirectional, multi-sectored and multiunit complex interaction is going on within existence, now. See peacefully, the entire phenomena. See joyfully the entire event, occurring in front of you. See happily the entire existence. Know that, when this stops, existence collapse on the very moment. Know your existence is not just a mini unit, it is whole. A normal effect on you affects directly on an entire existence. In other side effect on existence also affects you heavily. See this mutual relation in between you and your existence. There is no difference in between this entire existence and yourself.

This existence is your expansion. This existence is an expansion of your interaction. This existence is an expansion of your labor, eternal and external both. You are in the center. You are big as well as you are small in same time. Feel this. Realize it. Know the truth. You are ruling this existence. You are holding this existence. Because of you and your labor this existence exists for you. So, why to be worry on loosing? So why to be worry on pain? So why to be worry on death? So why to be worry on sorrow? Why to be happy on happiness? Why to be enjoy on enjoy fullness? Why to be pleasure on pleasures? All those are just labors and interactions of the entire existence! Nothing more and nothing are pure, permanent, long-lasting. Isn't it? Now you are known to existence. Nothing goes no-where, nothing comes no-where. Everything remains in existence. Of course change happens, transformation happens, it's happening now even. Just on the moment too. You understood all the phenomenons within existence are just because of interaction between labor and labor units. Relax; see the entire existential phenomena, which is impure, imperfect and short. Everything is changing, everything is transforming from its state in each moment. Those several are returning in non-labor. Those several are going in labor, existence continue. You are known now. In such way you liberated yourself from all kind of existential attachments. You are now free forever. Neither labor nor non-labor, even not in a wheel between these two. You've attained beyond. Enlightened, liberated and SHRAMAATIT! Blessings [6] !!! (Figure 4).

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